

BRUNSWICK COUNTY PARKS AND RECREATION DEPARTMENT

FLAG FOOTBALL LEAGUE RULES

GENERAL INFORMATION

1. **REGISTRATION** - Call Eric Jelinski at (910) 253-2676 for current team registration dates and fees.
 - A. Team fee and registration form are due at time of registration. Rosters/Waivers are due when registering or by the first scheduled game.
 - B. You are allowed to add or delete players from your roster the first 2 weeks of game play. After that, rosters are frozen.
2. **AGE LIMIT** - All players must be at least age 18 by the date of the first game of the regular season.
3. **GAME TIME** – All games have scheduled start times. If there are not enough players present at game time a 5 minute grace period will be allowed. After that the game will be declared a forfeit.
4. **RAIN OUTS** - The decision to delay game times, or to reschedule games to other dates, will be made on game day. An appropriate message will be posted on the Park Office answering machine at (910) 253-2676.
 - A. If games must be rescheduled, an attempt will be made to contact the coaches by phone. If you have questions regarding when a game will be rescheduled contact the Park and Recreation Office.
5. **TOURNAMENT** - There will be a tournament play off at the end of the season.
6. **TIES FOR TOURNAMENT 'SEEDING'** - Ties for seeding are broken in the following order:
 - A. scores against each other
 - B. total points scored
 - C. least points allowed
 - D. coin toss
7. Weekly standings along with game schedule will be posted on the Brunswick County Athletic website.
8. **GAME BALL** – Brunswick County Park and Recreation will supply game balls to be used.
9. **DISCUSSIONS WITH OFFICIALS** - ONLY the team coach may leave the bench for discussions with either umpire. Said discussions are to be conducted calmly and in a respectful manner. Coaches are responsible for the conduct of their players.
10. **PROFANITY** - Profanity will not be tolerated, and may result in ejection from the game.

11. **PERSONAL CONDUCT** - The throwing of equipment by a "disgruntled" player is not allowed and may result in the player being ejected from the game. An official can call any game ended at any time, regardless of the score, if unsafe play is exhibited by any team member during the course of the game.

Any player guilty of moral misbehavior, bad sportsmanship or interference in any way adversely affecting the benefits the program offers for others, shall be disciplined either by restricting playing privilege or expulsion from the team and league. **EJECTION FROM A GAME WILL CARRY THROUGH THE NEXT SCHEDULED GAME.** If the next scheduled game is postponed, the ejected player will sit out that game whenever it is rescheduled. Continual trouble will result in ejection from the league. .

12. **PROTESTS** - The official's decision on judgment calls is FINAL. The only legal protest is one involving a misinterpretation of the rules, or the use of an ineligible player.

- A. To file a protest, the manager must immediately notify the official. The official will announce that the game is being played under protest. To be considered, the protest must be made in writing and be delivered to the Park and Recreation Office within 48 hours of the game in question (with a \$50 deposit to be returned if the protest is upheld).

13. **MERCY RULE** - If team is up by 17 or more points and there is under 2 minutes left to play in the game, the mercy rule will be called and the game will be over.

14. **OPTIONAL PLAYER EQUIPMENT**

- A. **Gloves** - Players may wear gloves which must consist of a soft, pliable and nonabrasive material.
- B. **Sunglasses** - Players may wear pliable and non-rigid sunglasses.
- C. **Headwear** - A. Players may wear the Navy Watch-Style knit or stocking cap. The cap may have no bill. It can have a knit ball on top.
B. Players may wear a headband no wider than 2" and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber.
Rubber or cloth elastic bands may be used to control hair.

PLAYER EQUIPMENT - ILLEGAL

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
- B. Jewelry.
- C. Pads or braces worn above the waist.
- D. Shoes with metal, ceramic, screw-in, or detachable cleats.
- E. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey.
- F. Towels attached at the player's waist

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1. Defense can automatically rush the passer from two yards off the line of scrimmage.
2. **THE FLAG BELT:** All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player lose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made.
3. Non-contact – roughing penalty for running over blockers. Blockers can only pass protect by getting in the way of the pass rusher. The best example would be basketball, if you have position it's a penalty on the opposing team.
4. 4 players must be on the line of scrimmage for offense – penalty 5 yards for false start.
5. Defense can rush any amount.
6. After a score, field position will begin on the 14 yard line.
7. Point after: - from the 3 yard line is one point
 1. from the 10 yard line is two points
 2. from the 20 yard line is three points
8. Ball carrier can not dive for extra yardage – penalty is 5 yards.
9. 25 seconds between plays. Starts when official spots the ball.
10. Four 10-minute quarters, clock stops on incompletions and out of bounds when there are 2 minutes left in the 2nd half.
11. Two time outs per half, per team.
12. To achieve first downs you have to reach the next first down line. See field diagram below.

10	10 yards end zone
Goal line	
20	first down line
40	first down line
20	first down line
Goal line	
10	10 yards end zone

13. All other common sense football rules are in effect, exp. pass interference & holding. All other rules governed by NIRSA.
14. When catching a pass, at least one foot must be in bounds with control of the ball to make a legal catch.
15. A pre-game coin toss will determine which team will have the choice of possession/side at the beginning of the game.
16. **NUMBER OF PLAYERS:** Each team should start the game with 7 players, a minimum of 5 is needed to avoid a forfeit.
17. **OVERTIME (TIE GAME):** If the game score is tied after regulation time, then a coin toss will determine who will get the ball & side. Each team will have the chance to score in series of four downs from the 10 yard line. If the score is still tied after each team has had a try, a second series is played, and so on until a winner is determined. Each team will be awarded one timeout regardless of how many overtimes occur.
18. **GUARDING THE FLAG BELT:** Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
 - b. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
 - c. Lowering the shoulders in such a manner which flag guards - penalty 10 yards.
19. Additional rules will be handed out at the team managers information meeting.

